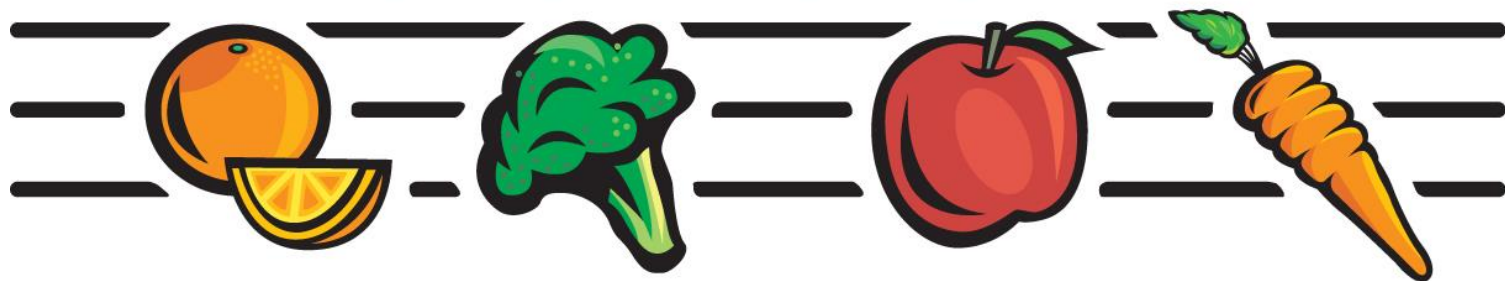


*Pick a better snack*<sup>TM</sup>



# Classroom Lessons

## by Sarah Steinmeyer (Black Hawk)

- Sample Lessons
- Photos of the work
- Food Safety
- Flier Distribution for Newsletters
- Schedule
- Food Allergy Procedures

## Working in the Garden

**Put** your gloves on! We've got lots of work to do in the garden today. First, we need **to rake** the dirt to make sure the ground is ready for planting. Next, we have **to dig** holes for our tomato plants. **Hold** your shovel, **push down** into the ground, and **throw** the dirt off to the side. Keep it up! Now, **crouch down** and **set** all of the tomato plants into the holes. **Pick up** the shovel again! We need to **scoop** some dirt and **spread** it around the bottom of each tomato plant. Make sure you fill every hole! Great job! Now, **squat down** and **pat** the dirt with your hands. Since we are finished planting tomatoes, we should **pick** those weeds trying to grow. Stay near the ground and **pull** as many as you can. We don't want any wildlife eating our plants, so let's **build** a fence. **Pick up** the stakes one at a time, **pound** each stake into the ground with a hammer. Make sure to use all of your muscles! Then, **wrap** the fencing wire around the stakes to make a square around our plants. Just be careful not to trap yourself inside the fence! Good work. We are almost done. **Grab** the watering can and pour some water on all of the tomato plants. That was hard work! **Reach up** to the apple tree and find a good looking apple to have as a treat.







# MARCH



Pick a **better snack**™



[www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack)

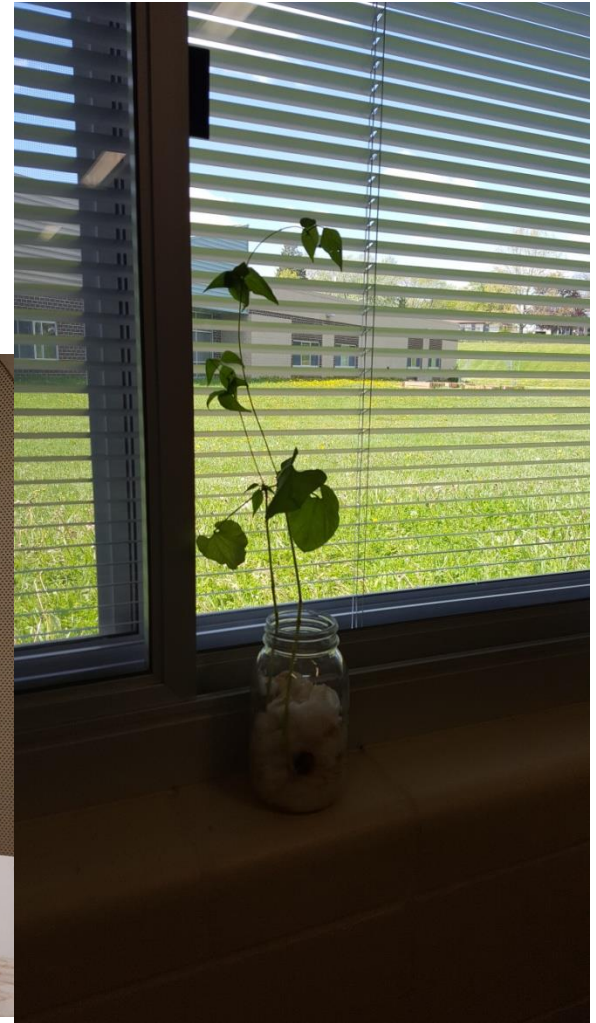
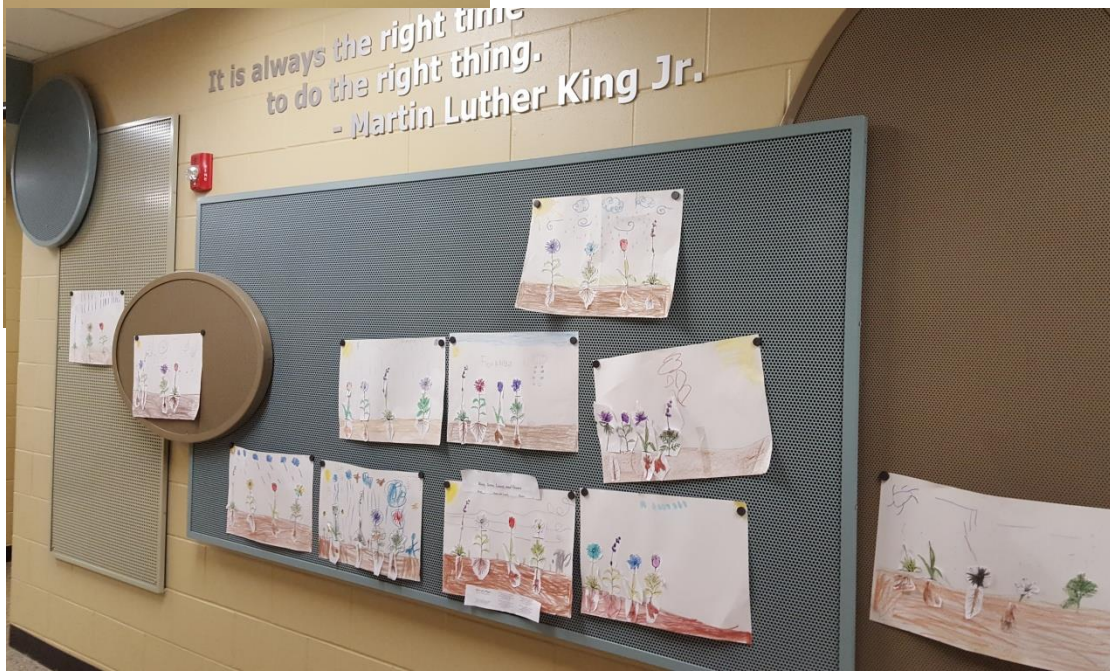
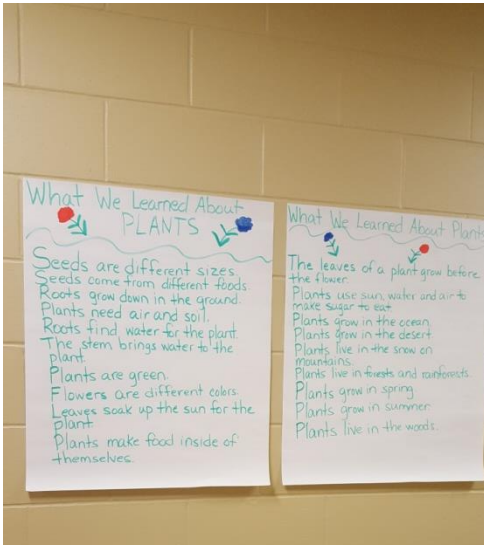


Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically. Turn the card over for more fun!

Funded by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov) for more information.



# Photos



# Newsletters



**Waterloo SCHOOLS**

Education Service Center • 1516 Washington Street • Waterloo, Iowa 50702-1698 • 319-433-1826 • FAX: 319-433-1889

## Distribution of Printed Materials Request

*Distribution of flyers or other printed materials to students of the Waterloo Community Schools by non-profit groups other than the District is authorized by the Director of School and Community Relations. The publications for students must have a summary translated into Spanish and Bosnian. The District will provide the translation at no cost to the sending agency, but this will lengthen the process. Each agency should provide a short summary about the flyer information (text, name, date, time, location) to be translated for non-English speaking/reading parents at the time the item is submitted for approval. The translated summary will be sent back to you for copying. APPROVAL TO DISPLAY POSTERS MUST BE OBTAINED BY THE BUILDING PRINCIPAL AND DO NOT NEED TO BE TRANSLATED.*

### TRANSLATION NOTICE:

We appreciate our partnerships with non-profit, youth serving community agencies and groups, and gladly support them by distributing information about their activities to our families. Because we are committed to assuring that our families for whom English is not the language spoken in the home receive the same opportunities for information, translations into Spanish and Bosnian are required.

The District will translate summary information provided by the agency or group that is distributing the flyer, at no charge to the agency/group. It's then the responsibility of the agency/ group to provide sufficient copies in the appropriate languages to the schools for distribution. If the needed translated materials are not provided to a school, we cannot distribute the materials to any student. Whenever possible, the agency or group will be contacted as a courtesy reminder to furnish the translated materials to the school so that all students can receive the information to take home.

Thanks for your ongoing support of our schools and our families.

1. Send a sample of the relevant material, a short summary (no more than a half page), and this completed form to:  
School & Community Relations  
**Attention: Sandi Lanigan**  
1516 Washington Street  
Waterloo, IA 50702  
Email: lanigans@waterlooschools.org  
Fax: 433-1889
2. The sample, summary, and this completed form must be received at least 15 work days prior to the desired distribution date.
3. Notice of approval or disapproval will be relayed to you within 5 working days of receipt of the sample, summary, and form. The principals at the relevant buildings will be notified of approved materials. The translated summary will be sent to you for copying. Counts for the desired buildings will also be provided.
4. Approved materials should be counted out into 30s and separated in some manner so that building secretaries can distribute to each classroom. Wrap items securely (including the correct number of translations required for each building) and mark each package clearly with the building name. Call us at 433-1826 if you have questions about wrapping your flyers. **Deliver these to the Central Stores building**, 1516 Washington Street, Waterloo, 50702, between **6:00 a.m. and 2:00 p.m.** at least 5 working days prior to the requested distribution date.
5. Clearly mark on each building's set of materials the requested distribution date.
6. Please note that the days on which buildings send materials home with students vary.
7. If translations are not provided to the school, the English version will not be distributed.

Organization \_\_\_\_\_ 501 c (3) # \_\_\_\_\_

Contact Person \_\_\_\_\_ Position \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

Mailing Address \_\_\_\_\_

Purpose of printed materials \_\_\_\_\_

Buildings requested for distribution \_\_\_\_\_ Grade Level: \_\_\_\_\_

Distribution requested to (please circle): students/parents teachers all staff

Type of material (please circle): flyer poster other (explain) \_\_\_\_\_

NOTE: Surveys must be reviewed by Dr. Charles McNulty, Associate Superintendent for Educational Services

Date requested for distribution (please be specific): \_\_\_\_\_

Method of distribution to the schools (please circle): school mail we will deliver ourselves

For District Use Only

Approved \_\_\_\_\_ Not Approved \_\_\_\_\_ Authorized by \_\_\_\_\_ Date \_\_\_\_\_

7/3/2014

## English/Spanish/Bosnian Counts 2016-2017

Building	Classrooms Per Grade (Sets of 30)							Number of Copies**		
	Prek	K	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	Total English Sets*	Total Spanish	Total Bosnian
Becker	2	3	4	4	3	3	3	22	17	2
Cunningham	3	3	3	3	3	3	3	21	18	0
Highland	2	4	4	4	4	4	3	25	98	0
Irving	1	3	4	3	3	3	4	21	27	2
Kingsley	0	2	3	3	2	3	3	16	3	6
Kittrell	0	4	4	4	3	3	4	22	15	12
Lincoln	2	3	4	4	3	3	3	22	16	0
Lou Henry	0	3	4	4	4	3	2	20	8	14
Lowell	0	2	3	3	2	3	2	15	23	3
Orange	2	3	4	4	4	3	3	23	14	7
Poyner	0	4	3	3	4	3	3	20	0	0
Elk Run Early Childhood	7	0	0	0	0	0	0	7 (sets of 20)		
Kittrell Early Childhood	7	0	0	0	0	0	0	7 (sets of 20)		
<b>TOTALS</b>	<b>26</b>	<b>34</b>	<b>40</b>	<b>39</b>	<b>35</b>	<b>34</b>	<b>33</b>	<b>227 (does not include Elk Run/Kittrell Early Childhood)</b>	<b>239</b>	<b>46</b>

Fliers are not sent home with middle/high school students. They can be posted or placed in a designated area with permission from the building principal.								Number of Copies**		
Building	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	Freshman	Sophomore	Junior	Senior	Total English Copies	Total Spanish	Total Bosnian
Bunger	112	136	125					373	10	6
Carver	158	161	120					439	49	1
Central	184	128	153					465	31	15
Hoover	260	253	234					747	22	67
East High				248	243	205	196	891	41	20
Expo High				58	67	56	29	210	9	2
West High				395	351	380	347	1473	98	104
<b>TOTALS</b>	<b>714</b>	<b>678</b>	<b>632</b>	<b>701</b>	<b>661</b>	<b>641</b>	<b>572</b>	<b>4599</b>	<b>260</b>	<b>215</b>

\*Total number of English sets to each building.

\*\*Total number of Spanish and Bosnian copies to each building.

**IF TRANSLATIONS ARE NOT PROVIDED TO THE SCHOOL, THE ENGLISH VERSION WILL NOT BE DISTRIBUTED.**



# BASICS

## Planning Calendar

	Monday	Tuesday	Wednesday	Thursday
1 <sup>st</sup> Lowell (M/Tues) Cunningham (W/Th)	9:00 Byers Lo1 9:30 McCarty Lo1 11:25 Winters Lo2 1:20 Thomas LoK 2:55 Coan Lo3*	9:30 Johnson Lo1 11:25 Richardson Lo2 1:20 Earle LoK* 2:55 Boyd Lo3	8:20 Chambers C3 8:50 Cahoe CK 9:20 Duncan C2 9:50 Geerdes C2 1:00 Bridges C3 1:30 Ross C1	8:20 VanSickle CK 9:00 Graves CK 11:25 Schmit Lo2 1:30 Neelans C1  9:20 Wildeboer C2 1:00 Weimerskirch C3 1:30 Thompson C1
2 <sup>nd</sup> Highland Irving Lincoln	10:15 Irving 3 <sup>rd</sup> 1:00 Irving 2 <sup>nd</sup> 1:50 Irving 1 <sup>st</sup> 2:40 Irving Kdg  12:25 Swanson Li1 1:30 Wagonhofer Li3 2:30 Davis-Mathews Li2 3:00 Hulton LiK  12:00 Reed HK 1:30 Soyer H1 2:00 Levendusky H2 2:30 Carty H3	10:15 Irving 3 <sup>rd</sup> 1:00 Irving 2 <sup>nd</sup> 1:50 Irving 1 <sup>st</sup> 2:40 Irving Kdg  12:25 Frizell Li1 1:30 Lehmann Li3 2:30 Mobley Li2 3:00 Phillips LiK  12:00 Bott HK* 1:30 Bemis 2:00 Hennings H2 2:30 Dise H3	10:15 Irving 3 <sup>rd</sup> 1:00 Irving 2 <sup>nd</sup> 1:50 Irving 1 <sup>st</sup> 2:40 Irving Kdg  12:25 Vais Li1 1:30 Anderson Li3 2:30 Payne Li2 3:00 Coulter LiK  12:00 Brown HK 1:30 Steiber H1 2:00 Gerhke H2 2:30 Ferguson H3	1:50 Irving 1 <sup>st</sup> 2:40 Irving Kdg  12:25 Eby Li1 2:30 Substitute Li2 3:00 4 <sup>th</sup> section LiK  12:00 Hummel HK 1:30 Cashman H1 2:00 Nott H2 2:30 Sandvold H3
3 <sup>rd</sup> Becker	10:20 Wilson B2 10:50 LaBarge B1 12:15 Burton B3 2:45 Hammar BK	10:20 Powell B2 10:50 Kimpston B1 12:15 Hintzman B3 2:45 Hanson BK	10:20 Sires B2 10:50 Petersen B1 12:15 Biggs B3 2:45 McClung BK	10:20 Frohwein B2 10:50 Jefferson B1
4 <sup>th</sup> Kittrell Eval Class Makeups	10:25 Rodden K3 12:15 Pelleymounter K1 1:40 Weber K2 2:40 Kendall KK	10:25 Thomas K3 12:15 Gibbs K1 1:40 Goodenbour K2 2:40 Harbaugh KK	12:15 Shirley K1 1:40 Kinder K2 2:40 Goings KK	10:25 Grund K3 12:15 Gelner K1 1:40 Watts K2 2:40 Richards KK

\*Coan-Strawberry Allergy

\*Earle-Blueberry Allergy

\*Bott-Two Dairy Allergy

# Food Allergies Incentives

Black Hawk County Health Department / Waterloo Community Schools Health Assistant Schedule - 2016/2017				
School	Nurse	Health Assistant	Hours	Main Office / FAX Health Office (H.O.) Phone
Acting Program Manager	Shannon Ingamells			292-2287 Office 415-8906 Cell
Becker Elementary & WCS Preschool	Michelle Morgan	Elaine Eckhoff	(6) 8:30-2:30	433-2180 Main Off. / 433-2187 FAX 433-2181 H.O. / Sch. Ph. 35150
Bunger Middle	Brenda Buck	Jean Zimmermann	(6) 8:15-2:15	433-2550 Main Off. / 433-2564 FAX 433-2563 / Sch. Ph. 21150
Carver Middle	Aaisha Flint	Milisa Swanson	(6) 7:30-1:30	433-2500 Main Off. / 433-2548 FAX 433-2507 H.O. / Sch. Ph. 24150 433-2530 Carver SSI / 433-2531 FAX
Central Middle	Michelle Morgan	Irene Murphy	(6) 7:30-1:30	433-2100 Main Off. / 433-2149 FAX 433-2105 H.O. / Sch. Ph. 22150
Cunningham Elementary & WCS Preschool	Aaisha Flint	Maggie Goodwin	(6) 7:15-1:15	433-2600 Main Off. / 433-2603 FAX 433-2605 H.O. / Sch. Ph. 30150
East High & East Success Street	Brenda Buck	Jolene Berger	(6.5) 7:30-2:00	433-2400 Main Off. / 433-2447 FAX 433-2450 H.O. / Sch. Ph. 14231 433-2446 East Suc. St. Office / Sch. Ph. 14
Elk Run Preschool	Marsha Platt	Michelle Mason	(6) 8:30-2:30 M,T,Th,F	433-2660 Main Office / 433-2688 FAX 433-2667 H.O. / Sch. Ph. 32150
Expo Alternative Learning Center	Brenda Buck	Sherry Rodemeyer	(6.5) 7:00-1:30	433-1930 Main Office / 433-1933 FAX 433-1938 H.O. / Sch. Ph. 32100
Highland Elementary & Preschool	Michelle Osterhaus	Mary Ellen Schmid	(6) 8:15-2:15	433-2630 Main Off. / 433-2633 FAX 433-2636 H.O. / Sch. Ph. 45150
Hoover Middle	Michelle Osterhaus	Aleesa Nutting	(6) 7:30-1:30	433-2830 Main Off. / 433-2843 FAX 433-2835 H.O. / Sch. Ph. 23150
Irving Elementary & WCS Preschool	Aaisha Flint	Bonnie Antheim	(6) 8:30-2:30	433-2800 Main Off. / 433-2829 FAX 433-2803 H.O. / Sch. Ph. 43150
Kingsley Elementary	Marsha Platt	Barb Noble	(6) 8:30-2:30	433-2210 Main Off. / 433-2216 433-2213 H.O. / Sch. Ph. 39150
Kittrell Elementary & WCS Preschool	Marsha Platt	Marlyn Even	(6) 8:30-2:30	433-2910 Main Off. / 433-2916 FAX 433-2914 H.O. / Sch. Ph. 37150
Lincoln Elementary & WCS Preschool	Michelle Morgan	Mary Deleardelle	(6) 8:30-2:30	433-1990 Main Off. / 433-1997 FAX 433-1993 H.O. / Sch. Ph. 41150
Lou Henry Elementary	Michelle Osterhaus	Debb Henze	(6) 9:30-3:30	433-2860 Main Off. / 433-3040 FAX 433-3025 H.O. / Sch. Ph. 42150
Lowell Elementary	Lee Ann Remetch	Patti Conrad	(5.5) 8:30-2:00	433-1900 Main Off. / 433-1905 FAX 433-1902 H.O. / Sch. Ph. 31150
Orange Elementary & WCS Preschool	Lee Ann Remetch	Becky Albro	(6) 8:30-2:30	433-2880 Main Off. / 433-2888 FAX 433-2884 H.O. / Sch. Ph. 34150
Poyner Elementary	Brenda Buck	Teresa Berry	(6) 8:15-2:15	433-1534 Main Off. / 433-1535 FAX 433-1550 H.O. / Sch. Ph. 44150
West High	Lee Ann Remetch	Bryn Stocks	(6.5) 7:30-2:00	433-2700 Main Off. / 433-2749 FAX 433-2750 H.O. / Sch. Ph. 12150 433-2780 West Success St. Office
WCS PK Screenings: Becker, Orange	Marsha Hoepfner & Ann Marie Nielsen		Head Start Program & WCS PK Screenings: Cunningham, Lincoln	Diane Hoffman
Head Start Program & WCS PK Screenings: Elk Run, Irving, Highland, Kittrell	Marsha Platt			

Brenda Buck cell: 415-8936; Aaisha Flint cell: 415-8909; Marsha Hoepfner cell: 415-8314; Diane Hoffman cell: 415-8905;  
 Michelle Morgan cell: 415-8297; Ann Marie Nielsen cell: 415-8903; Michelle Osterhaus cell: 415-8914; Marsha Platt cell: 319-415-83  
 Lee Ann Remetch cell: 415-8938

Float Health Assistants: Alyssa Hamlyn, Delores Steiner, Suzzanna Dell, Candace Patterson, Tammy Buck, Tanaya Montgomery, Vacant  
 Clerk Typist: Micah Knebel

# Questions?

[ssteinmeyer@co.black-hawk.ia.us](mailto:ssteinmeyer@co.black-hawk.ia.us)

Sarah Steinmeyer

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